

NUTRITIOUS + NUTRITIOUS

# FOOD MENU

URBAN INDIAN FOOD

## NIBBLES

**Poppadoms** served with mango chutney. £2.90  

**Chana Jor Garam** a street food favourite; finely chopped red onions, tomatoes & chilli on a chickpea base. £3.60  

**Kurkuri Bhindi** crispy okra spiced with garlic and ginger, the perfect side snack. £4.70  

## STARTERS

**Vegetable Samosa** Golden classic – spiced carrots, peas and potatoes in a thin crispy filo-style pastry with a tamarind chutney. £3.40 

**Spicy Coconut Petis** coconut dumplings with a cassava and potato coating with a tamarind chutney. £4.10  

**Tuvar Kachori** lentil dal and pigeon peas wrapped up in chickpea flour batter with tamarind chutney £3.70 

**Veg Jalfrezi Tikki** seasonal vegetables coated in breadcrumbs with beetroot chutney. £5.60 

**Aubergine Bhaji** a makeover of an onion bhaji; with aubergine and onions coated in a chickpea flour batter, served with our homemade mint chutney and tamarind sauce. £4.60  

**Chaat** a refreshing Mumbai staple; masala spiced chickpeas layered with Greek yoghurt, sweet tamarind, mint & coriander chutney and pomegranate seeds.  
With your choice of:

- Curly, crispy Kale £5.40 
- Dal Kachori – lentils in a flaky pastry £5.90 
- Vegetable Samosa £5.90 

**Nargisi Kofta** minced lamb kofta, spiced with green chilli, coriander leaves and cumin surrounding a boiled whole egg, is reminiscent of the British Scotch egg. £7.90

**Chilli Paneer** battered paneer nuggets with wok fried vegetables & soya chilli sauce. £5.70 

**Tawa Kasundi Salmon** Scottish salmon fillet, with mustard, ginger, roasted with cumin and turmeric. £8.10 

**Chicken 50/60** a Tawa twist on the famous Chicken 65 – succulent chicken morsels cooked in crushed coriander with chilli and garlic. £6.50 

**Kashmiri Murgh** chicken tenderized in a Greek yoghurt Kashmiri chilli and black salt served hot off the grill. £6.90 

**Lamb Chops** tender grilled lamb chops marinated overnight in raw papaya and a blend of spices served with a kachumber salad. £7.90

## MAINS

**Charred Baingan Bharta** smoked aubergine mashed with garlic, cumin and turmeric. Main £7.20 / Side £4.70  

**Kumbh Palak** diced mushroom roasted with cumin, garlic and spinach puree. £7.40  

**Jaipur Jewels** celebrating seasonal vegetables with a Jaipur twist. £8.40  

**Persian Pomegranate Chole** chickpeas steeped in our fruity Persian Pomegranate tea blend before being simmered with masala potatoes in a tomato sauce. £8.40  

**Tadka Dal** yellow lentil dal tempered with cumin, ginger and tomatoes. Main £6.40 Side £4.50  

**Dal Makhani** velvety dal cooked slowly for hours with spices and flavoured with fenugreek leaves. Main £7.40 Side £5.40  

**Biryani** tap a spoon through flaky filo pastry to uncover an aromatic steaming bowl of layered rice, slow cooked chicken or vibrant veggies, choose from:  
**Vegetable** bright carrots, garden peas, French beans, cauliflower and potatoes. £9.50 

**Chicken** tender marinated chicken pieces. £10.50

**Courgette Kofta** roasted courgette dumplings cooked in a spicy onion-tomato sauce. £8.40 

**Kadai Paneer** spicy cumin and whole coriander seed flavoured paneer curry cooked with peppers and onions. £8.20  

**Nellore Fish Curry** originating from the riverside city of Nellore; Tilapia fillets cooked in a shallot and mango sauce. £11.50 

**Cochin Prawn Curry** king prawns sautéed in onions, ginger and fenugreek seeds with coconut milk. £13.70 

**Chicken Chettinad** diced chicken thighs with traditional South Indian flavours tempered with black stone flower and curry leaves. £9.70 

**Nilgiri Chicken Korma** a recipe brought down from the hill stations of India - succulent chicken cooked on the bone with tomatoes, coconut milk and poppyseeds. £9.70 

**Murgh Tikka Masala** a well-known Anglo-Indian favourite; chicken thighs cooked in a rich masala sauce with crushed cardamom, cinnamon and star anise. £9.70 

**Tariwala Gosht** slow cooked lamb simmered in a steaming 'tari' or gravy with classic Punjabi spices. £11.90 

**Mysore Lamb** originating in the palaces of South Indian royalty; tender diced lamb smothered in garam masala, cooked with tomatoes, peppers and onions. £13.90

## SIDES

**Masala Chips** fried potato tossed with chaat masala and fresh coriander. £3.40  

**Plain Naan** £2.40 

**Garlic and Coriander Naan** £2.70 

**Butter Naan** £2.70 

**Roti** £2.20 

**Thepla** fenugreek & ginger spiced roti. £2.40 

**Bombay Slaw** Indian version of coleslaw with shredded cabbage and vegetables. £2.70  

**Kachumber Salad** a simple accompaniment to any dish of chopped onions, tomatoes and cucumber with chilli and lemon juice. £2.70  

**Brinjal Raita** smoked aubergine raita with onion and tomato. £2.40  

**Cucumber Raita** traditional raita with cucumber and roasted cumin seed. £2.40  

**Basmati rice** steamed rice. £2.70  

**Vegetable Pilau rice** Mumbai style vegetable rice. £3.70  

**Malabar Paratha** 2pcs of South Indian flaky layered bread. £3.10 

**Laccha Paratha** 2pcs of wheat based South Indian layered bread. £3.10 

## SWEETS

**Gajar Ka Halwa** black carrot fudge with cardamom and seasonal fruit. £3.70 

**Gulab Jamun** dumplings soaked in rose-flavoured syrup topped with Pistachio nuts £4.50 

**Brownie** chocolate with a hint of raspberry, served hot. £3.90 add ice cream + £1.90  

**Kulfi with Gajar ka Halwa**  
A favourite combination of Indian ice cream with a black carrot fudge with cardamom £5.20 

**Kulfi** Indian traditional ice cream, choose from: Mango with a hint of saffron and cinnamon or Pistachio with cardamom and rose petal. £3.70 

**Ice Cream** Jack's gelato vegan ice cream. £3.90 

As all our dishes are prepared on site in our kitchen so we cannot guarantee an allergen-free environment and traces of allergens may be present. Please see our allergen guide or ask our staff for further details of ingredients. An optional service charge of 12.5% will be added to your bill for sit down meals.



